

## Lake Forest High School 2022 TRYOUT FOR Fall Sports

Athletic registration is done with the online school registration process with your infoSnap code. Required forms will be completed through this process.

A copy of Physical is needed in the athletic office - A physical is valid for 395 days from the date of issue per Illinois High School Association (IHSA) by-laws and must be signed and dated by a doctor or nurse practitioner. Dr. office physical form **OR** the IHSA Pre-Participation Examination form is accepted.

Season begins with the dates listed below

Once tryouts begin – practice/tryouts could be every day at designated time per coach. Once you become a rostered athlete, practice will continue per the coaches outlined schedule of practice days and times. Athletic fee will be invoiced from the business office after all Fall rosters have been determined.

**IMPORTANT DATES:** Freshman School Orientation 8/16/22 -- ALL STUDENTS - School begins 8/17/22

**IHSA Eligibility:** In order to be eligible to compete in interscholastic Athletics, a student must have passed a minimum of 2.5 units of credit the previous semester and be enrolled, attending and passing courses that will generate 2.5 units of credit the current semester. Weekly eligibility will be reviewed.

BOYS SPORT/LEVEL	DATE	TIME	LOCATION
<b>BOYS CROSS COUNTRY</b>			
Varsity	Wed. Aug 10-12	7:30am-9:30am	East Campus Track
JV	Wed. Aug 10-12	7:30am-9:30am	East Campus Track
<b>FOOTBALL</b>	Athletes should bring a healthy snack between sessions breaks		
ALL LEVELS	Mon-Fri. Aug 8-12	5:00pm-7:30pm	West Athletic Campus
<b>BOYS GOLF</b>	A \$40 tryout fee will be collected at the beginning of tryouts. First cuts will be made after the <u>second day</u> of tryouts. Some players will be asked back to complete a 3rd day of tryouts at 6:00am on Wednesday the 10th. Final cuts will be made after the round on the 10th.		
Varsity	Mon-Wed. Aug 8-10	5:50am (18 holes)	Lake Bluff Golf Course
JV	Mon-Tue. Aug 8-9	6:30am (18 holes)	Lake Bluff Golf Course
<b>BOYS SOCCER</b>	Shin Guards, Water Bottle, no ball needed.		
Varsity & JV	Mon-Wed. Aug 8-10	5:00pm-8:00pm	West Athletic Campus Soccer Field
Freshman & Sophomore	Fri-Sat. Aug 12 & 13	Fri-4:00pm-6:00pm Sat: 10:00am-12:00pm	West Athletic Campus Soccer Fields

<b>GIRLS</b>	<b>DATE</b>	<b>TIME</b>	<b>LOCATION</b>
<b>GIRLS CROSS COUNTRY</b>			
Varsity	Mon-Fri. Aug 8-12	7:00-9:00am	East Campus Track
JV	Mon-Fri. Aug 8-12	7:00-9:00am	East Campus Track
<b>FIELD HOCKEY</b>			
Varsity	Mon. Aug 8	8:30-11:30am	West Athletic Campus-turf
JVI	Tues. Aug 9	8:30-11:30am	West Athletic Campus-turf
ALL LEVELS	Wed,Thurs,Fri Aug 10,11,12	8:30-11:30am	West Athletic Campus-turf
<b>GIRLS GOLF</b>			
All Levels	Mon-Fri. Aug 8-12	7:30am	Deerpath Golf Course
<b>GIRLS SWIMMING</b>	<b>Bring - workout clothing, shoes, swim suit, cap &amp; goggles</b>		
Varsity	Mon. Aug 8 Mon. Aug 9-12	2:30 meeting, 3:15-5:00 tryout 3:00-5:00 tryout	Meet at the columns Meet on the Pool Deck
JV			Meet on the Pool Deck
<b>DIVING - VAR/JV</b>	Mon. Aug 8 Tue-Fri. Aug 9-12	10:00am-11:15am 9:00am-10:15am	Meet on the Pool Deck Meet on the Pool Deck
<b>TENNIS</b>			
All Levels - Conditioning	Mon-Fri. Aug 8-12	8:00am-9:00am	West Athletic Campus
Varsity	Mon-Fri. Aug 8-12	3:00pm-5:00pm	West Campus - Courts
Fr-So/JV	Mon-Fri. Aug 8-12	9:00am-11:00am	West Campus - Courts

VOLLEYBALL			
Jr & Sr	Mon-Wed. Aug 8-10	3:00pm-5:00pm	East Campus Comp Gym
Fr & So	Mon-Wed. Aug 8-10	12:30pm-2:30pm	East Campus Comp Gym